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Surat Al-'Insān (The Man) - سورة الانسان

بسم الله الرحمن الرحيم

76:1 هَلْ أَتَىٰ عَلَى الْإِنسَانِ حِينٌ مِّنَ الدَّهْرِ لَمْ يَكُن شَيْئًا مَّذْكُورًا

Transliteration
Hal ata AAala al-insani heenunmina addahri lam yakun shay-an mathkoora
Sahih International
Has there [not] come upon man a period of time when he was not a thing [even] mentioned?

76:2 إِنَّا خَلَقْنَا الْإِنسَانَ مِن نُّطْفَةٍ أَمْشَاجٍ نَّبْتَلِيهِ فَجَعَلْنَاهُ سَمِيعًا بَصِيرًا

Transliteration
Inna khalaqna al-insanamin nutfatin amshajin nabtaleehi fajaAAalnahusameeAAan baseera
Sahih International
Indeed, We created man from a sperm-drop mixture that We may try him; and We made him hearing and seeing.

76:3 إِنَّا هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا

Transliteration
Inna hadaynahu assabeelaimma shakiran wa-imma kafoora
Sahih International
Indeed, We guided him to the way, be he grateful or be he ungrateful.

76:4 إِنَّا أَعْتَدْنَا لِلْكَافِرِينَ سَلَاسِلَ وَأَغْلَالًا وَسَعِيرًا

Transliteration
Inna aAAtadna lilkafireenasalasila waaghlalan wasaAAeera
Sahih International
Indeed, We have prepared for the disbelievers chains and shackles and a blaze.

76:5 إِنَّ الْأَبْرَارَ يَشْرَبُونَ مِن كَأْسٍ كَانَ مِزَاجُهَا كَافُورًا

Transliteration

Inna al-abrara yashraboona min ka/sinkana mizajuha kafoora
Sahih International
Indeed, the righteous will drink from a cup [of wine] whose mixture is of Kafur,

76:6

عَيْنًا يَشْرَبُ بِهَا عِبَادُ اللَّهِ يُفَجِّرُونَهَا تَفْجِيرًا

Transliteration
AAaynan yashrabu biha AAibaduAllahi yufajjiroonaha tafjeera
Sahih International
A spring of which the [righteous] servants of Allah will drink; they will make it gush forth in force [and abundance].

76:7

يُوفُونَ بِالنَّذْرِ وَيَخَافُونَ يَوْمًا كَانَ شَرُّهُ مُسْتَطِيرًا

Transliteration
Yoofoona binnathri wayakhafoonayawman kana sharruhu mustateera
Sahih International
They [are those who] fulfill [their] vows and fear a Day whose evil will be widespread.

76:8

وَيُطْعِمُونَ الطَّعَامَ عَلَىٰ حُبِّهِ مِسْكِينًا وَيَتِيمًا وَأَسِيرًا

Transliteration
WayutAAimona attaAAamaAAala hubbihi miskeenan wayateeman waaseera
Sahih International
And they give food in spite of love for it to the needy, the orphan, and the captive,

76:9

إِنَّمَا نُطْعِمُكُمْ لِوَجْهِ اللَّهِ لَا نُرِيدُ مِنكُمْ جَزَاءً وَلَا شُكُورًا

Transliteration
Innama nutAAimukum liwajhi Allahila nureedu minkum jazaan wala shukoora
Sahih International
[Saying], "We feed you only for the countenance of Allah . We wish not from you reward or gratitude.

76:10

إِنَّا نَخَافُ مِن رَّبِّنَا يَوْمًا عَبُوسًا قَمْطَرِيرًا

Transliteration
Inna nakhafu min rabbinayawman AAaboosan qamtareera
Sahih International
Indeed, We fear from our Lord a Day austere and distressful."

76:11

فَوَقَاهُمُ اللَّهُ شَرَّ ذَٰلِكَ الْيَوْمِ وَلَقَّاهُمْ نَضْرَةً وَسُرُورًا

Transliteration
Fawaqahumu Allahu sharra thalikaalyawmi walaqqahum nadratan wasuroora
Sahih International
So Allah will protect them from the evil of that Day and give them radiance and happiness

76:12

وَجَزَاهُم بِمَا صَبَرُوا جَنَّةً وَحَرِيرًا

Transliteration
Wajazahum bima sabaroojannatan wahareera
Sahih International
And will reward them for what they patiently endured [with] a garden [in Paradise] and silk [garments].

76:13

مُّتَّكِئِينَ فِيهَا عَلَى الْأَرَائِكِ ۖ لَا يَرَوْنَ فِيهَا شَمْسًا وَلَا زَمْهَرِيرًا

Transliteration
Muttaki-eena feeha AAala al-ara-ikila yarawna feeha shamsan wala zamhareera
Sahih International
[They will be] reclining therein on adorned couches. They will not see therein any [burning] sun or [freezing] cold.

76:14

وَدَانِيَةً عَلَيْهِمْ ظِلَالُهَا وَذُلِّلَتْ قُطُوفُهَا تَذْلِيلًا

Transliteration
Wadaniyatan AAalayhim thilaluhawathullilat qutoofuha tathleela
Sahih International
And near above them are its shades, and its [fruit] to be picked will be lowered in compliance.

76:15

وَيُطَافُ عَلَيْهِم بِآنِيَةٍ مِّن فِضَّةٍ وَأَكْوَابٍ كَانَتْ قَوَارِيرَا

Transliteration
Wayutafu AAalayhim bi-aniyatinmin fiddatin waakwabin kanat qawareera
Sahih International
And there will be circulated among them vessels of silver and cups having been [created] clear [as glass],

76:16

قَوَارِيرَ مِن فِضَّةٍ قَدَّرُوهَا تَقْدِيرًا

Transliteration
Qawareera min fiddatinqaddarooha taqdeera
Sahih International
Clear glasses [made] from silver of which they have determined the measure.

76:17

وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَ مِزَاجُهَا زَنجَبِيلًا

Transliteration
Wayusqawna feeha ka/san kanamizajuha zanjabeela
Sahih International
And they will be given to drink a cup [of wine] whose mixture is of ginger

76:18

عَيْنًا فِيهَا تُسَمَّىٰ سَلْسَبِيلًا

Transliteration
AAaynan feeha tusammasalsabeela
Sahih International
[From] a fountain within Paradise named Salsabeel.

76:19

وَيَطُوفُ عَلَيْهِمْ وِلْدَانٌ مُّخَلَّدُونَ إِذَا رَأَيْتَهُمْ حَسِبْتَهُمْ لُؤْلُؤًا مَّنثُورًا

Transliteration
Wayatoofu AAalayhim wildanunmukhalladoona itha raaytahum hasibtahum lu/lu-anmanthoora
Sahih International
There will circulate among them young boys made eternal. When you see them, you would think them [as beautiful as] scattered pearls.

76:20

وَإِذَا رَأَيْتَ ثَمَّ رَأَيْتَ نَعِيمًا وَمُلْكًا كَبِيرًا

Transliteration
Wa-itha raayta thamma raaytanaAAeeman wamulkan kabeera
Sahih International
And when you look there [in Paradise], you will see pleasure and great dominion.

76:21

عَالِيَهُمْ ثِيَابُ سُندُسٍ خُضْرٌ وَإِسْتَبْرَقٌ ۖ وَحُلُّوا أَسَاوِرَ مِن فِضَّةٍ

وَسَقَاهُمْ رَبُّهُمْ شَرَابًا طَهُورًا

Transliteration
AAaliyahum thiyabu sundusinkhudrun wa-istabraqun wahulloo asawira minfiddatin wasaqahum rabbuhum sharaban tahoora
Sahih International
Upon the inhabitants will be green garments of fine silk and brocade. And they will be adorned with bracelets of silver, and their Lord will give them a purifying drink.

76:22

إِنَّ هَٰذَا كَانَ لَكُمْ جَزَاءً وَكَانَ سَعْيُكُم مَّشْكُورًا

Transliteration
Inna hatha kana lakum jazaanwakana saAAyukum mashkoora
Sahih International
[And it will be said], "Indeed, this is for you a reward, and your effort has been appreciated."

76:23

إِنَّا نَحْنُ نَزَّلْنَا عَلَيْكَ الْقُرْآنَ تَنزِيلًا

Transliteration
Inna nahnu nazzalnaAAalayka alqur-ana tanzeela
Sahih International
Indeed, it is We who have sent down to you, [O Muhammad], the Qur'an progressively.

76:24

فَاصْبِرْ لِحُكْمِ رَبِّكَ وَلَا تُطِعْ مِنْهُمْ آثِمًا أَوْ كَفُورًا

Transliteration
Fasbir lihukmi rabbikawala tutiAA minhum athiman aw kafoora
Sahih International
So be patient for the decision of your Lord and do not obey from among them a sinner or ungrateful [disbeliever].

76:25

وَاذْكُرِ اسْمَ رَبِّكَ بُكْرَةً وَأَصِيلًا

Transliteration
Wathkuri isma rabbikabukratan waaseela
Sahih International
And mention the name of your Lord [in prayer] morning and evening

76:26

وَمِنَ اللَّيْلِ فَاسْجُدْ لَهُ وَسَبِّحْهُ لَيْلًا طَوِيلًا

Transliteration
Wamina allayli fasjud lahu wasabbihhulaylan taweela
Sahih International
And during the night prostrate to Him and exalt Him a long [part of the] night.

76:27

إِنَّ هَٰؤُلَاءِ يُحِبُّونَ الْعَاجِلَةَ وَيَذَرُونَ وَرَاءَهُمْ يَوْمًا ثَقِيلًا

Transliteration
Inna haola-i yuhibboonaalAAajilata wayatharoona waraahum yawmanthaqeela
Sahih International
Indeed, these [disbelievers] love the immediate and leave behind them a grave Day.

76:28

نَّحْنُ خَلَقْنَاهُمْ وَشَدَدْنَا أَسْرَهُمْ ۖ وَإِذَا شِئْنَا بَدَّلْنَا أَمْثَالَهُمْ تَبْدِيلًا

Transliteration
Nahnu khalaqnahum washadadnaasrahum wa-itha shi/na baddalna amthalahumtabdeela
Sahih International
We have created them and strengthened their forms, and when We will, We can change their likenesses with [complete] alteration.

76:29

إِنَّ هَٰذِهِ تَذْكِرَةٌ ۖ فَمَن شَاءَ اتَّخَذَ إِلَىٰ رَبِّهِ سَبِيلًا

Transliteration
Inna hathihi tathkiratun famanshaa ittakhatha ila rabbihi sabeela
Sahih International
Indeed, this is a reminder, so he who wills may take to his Lord a way.

76:30

وَمَا تَشَاءُونَ إِلَّا أَن يَشَاءَ اللَّهُ ۚ إِنَّ اللَّهَ كَانَ عَلِيمًا حَكِيمًا

Transliteration
Wama tashaoona illa anyashaa Allahu inna Allaha kanaAAaleeman hakeema
Sahih International
And you do not will except that Allah wills. Indeed, Allah is ever Knowing and Wise.

76:31

يُدْخِلُ مَن يَشَاءُ فِي رَحْمَتِهِ ۚ وَالظَّالِمِينَ أَعَدَّ لَهُمْ عَذَابًا أَلِيمًا

Transliteration
Yudkhilu man yashao fee rahmatihiwaththalimeena aAAadda lahum AAathabanaleema
Sahih International

He admits whom He wills into His mercy; but the wrongdoers - He has prepared for them a painful punishment.